

# The President's Challenge

## You're it.

## Get fit!

### The President's Challenge

*What began as a national youth fitness test has grown up. In a big way. Today, the President's Challenge takes staying active beyond the school gym, and into everyday life.*

*They've expanded the President's Challenge into a whole series of programs designed to help improve your students' activity level. It's about choosing to live healthier - and finding things your students really like to do.*

*No matter how active they are right now, you'll find a program that's right for your students:*



## Physical Fitness Test

This is the program that teachers are most familiar with. It is suitable for participation by classes, schools, or individuals.

**The Physical Fitness Test** recognizes students for their level of physical fitness in 5 events: curl-ups or partial curl-ups, shuttle run, endurance run/walk, pull-ups or right angle push-ups, and V-sit or sit and reach.

The Physical Fitness Test offers three awards for students who meet the program qualifications:

### The Presidential Physical Fitness Award

This award recognizes students who achieve an outstanding level of physical fitness. Boys and girls who score at or above the 85th percentile (based on the 1985 School Population Fitness Survey) on all five events are eligible for this award.

#### The National Physical Fitness Award

Students who score above the 50th percentile on all five events - demonstrating a basic, yet challenging, level of physical fitness - are eligible for this award.

#### The Participant Physical Fitness Award

Students whose scores fall below the 50th percentile on one or more events receive this award for taking part in all five events of the Physical Fitness Test.

## The Active Lifestyle Program

This program would be suitable for students who are just learning about physical activity.

The Active Lifestyle program shows students how to make a commitment to staying active. And stick to it. The program helps them set realistic goals to encourage fitness for a lifetime. The rules are simple. Students can choose from all kinds of activities. They also receive a personal activity log to guide them every step of the way.

Because hard work shouldn't go unrecognized, students can also earn awards. They can earn the Presidential Active Lifestyle Award by meeting their daily activity goal (60 minutes a day for youths under 18) at least 5 days per week, for a total of 6 weeks. That means if students stick with the program, they can earn an award in a little over a month.

## The Presidential Champions Program

**The Presidential Champions program** challenges students to see just how high they can raise their activity level.

Their goal is to see how many points they can earn by being active. They'll earn points for every activity they log. Points are based on the amount of energy each activity burns. So the more active they are, the more points they'll get. The first goal to aim for is a Bronze award. Then they can keep going for a Silver or Gold.

Find information on any of the above programs at [www.presidentschallenge.org](http://www.presidentschallenge.org). You'll find special information for teachers in the orange box near the bottom of the page.